

## Household Commodity Fact Sheet

**CHICKEN, WHOLE, FROZEN**

Date: April 2009

Code: A503

**PRODUCT DESCRIPTION**

- Frozen whole bagged chickens are U.S. Grade A (small) or U.S. Grade B or better (large).

**PACK/YIELD**

- These are broiler/fryer whole chickens with or without necks and giblets. Small chicken weigh 2 ½ to 3 ¾ pounds; large chicken weigh more than 3 ¾ pounds weight does not include necks and giblets). In general, one whole chicken weighing 3 ½ pounds with neck and giblets serves 4 to 6 people and is about 3 ½ cups of cooked, diced chicken meat without skin.

**STORAGE**

- Keep frozen at 0 degrees F until ready to use.
- After cooking, remove meat from bones and store leftover chicken in a covered container that is not made from metal in the refrigerator. Use within 2 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- It is important to properly handle all cut-up chicken to avoid spoilage or food poisoning.
- To thaw frozen chicken in the refrigerator place chicken on a plate or in a bowl on the lowest shelf to catch any drippings or juice.
- In the microwave: Use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn chicken and separate parts as it thaws. Be sure chicken is covered to reduce splattering. Cook right away after thawing.
- DO NOT thaw chicken on countertops or at

room temperature.

**USES AND TIPS**

- Chicken may be baked or broiled. Frying is not suggested since it adds fat and calories. Cooked chicken can be used in many different ways such as in sandwiches, soups, salads, casseroles, and a variety of ethnic dishes.

*See back for more information.***NUTRITION FACTS**

Serving size: 3 ounces (85g) cooked chicken without skin

**Amount Per Serving**

|                 |     |                          |    |
|-----------------|-----|--------------------------|----|
| <b>Calories</b> | 160 | <b>Calories from Fat</b> | 60 |
|-----------------|-----|--------------------------|----|

**% Daily Value\***

|                              |            |
|------------------------------|------------|
| <b>Total Fat</b> 7g          | <b>11%</b> |
| Saturated Fat 2g             | <b>10%</b> |
| Trans Fat 0g                 |            |
| <b>Cholesterol</b> 70mg      | <b>23%</b> |
| <b>Sodium</b> 60mg           | <b>3%</b>  |
| <b>Total Carbohydrate</b> 0g | <b>0%</b>  |
| Dietary Fiber 0g             | <b>0%</b>  |
| Sugars 0g                    |            |
| <b>Protein</b> 22g           |            |

|           |    |           |    |
|-----------|----|-----------|----|
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium   | 2% | Iron      | 6% |

\*Percent Daily Values are based on a 2,000 calorie diet.

## NUTRITION INFORMATION

- 1 ounce of cooked chicken counts as 1 ounce in the MyPyramid.gov. Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.
- Chicken provides protein and minerals and should be served without the skin to reduce fat and cholesterol.

## FOOD SAFETY INFORMATION

- Chicken may contain bacteria that can cause illness if it is mishandled or cooked improperly.
- For your protection, keep refrigerated or frozen; follow proper thawing directions listed under Preparation/Cooking; and keep raw meat and poultry separate from other foods.
- Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers right away or discard.
- Frozen chicken should be cooked to an internal temperature of 165 degrees F. Only a food thermometer can show the right temperature.
- You cannot tell if food is cooked safely by how it looks.
- Read the food safety information on all packages of chicken.

## OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- For more recipes, go to: [http://www.fns.usda.gov/fdd/recipes/hp\\_cookbooks.htm](http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm)

## BASIC BAKED CHICKEN

### MAKES 6 SERVINGS

### Ingredients

- 1 package chicken (4 pounds), cut-up and thawed
- Nonstick cooking spray
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1 teaspoon salt (if you like)

### Directions

1. Preheat oven to 350 degrees F.
2. Spray baking pan or oven-safe baking dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper. If using salt, add that too.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds.
5. Do not cover pan or turn chicken while baking.

### Tip

Serve hot with rice or pasta and vegetables.

#### Nutrition Information for 1 serving of Basic Baked Chicken

|                          |     |                           |        |                  |        |                  |       |
|--------------------------|-----|---------------------------|--------|------------------|--------|------------------|-------|
| <b>Calories</b>          | 160 | <b>Cholesterol</b>        | 70 mg  | <b>Sugar</b>     | 0 g    | <b>Vitamin C</b> | 0 mg  |
| <b>Calories from Fat</b> | 60  | <b>Sodium</b>             | 350 mg | <b>Protein</b>   | 23 g   | <b>Calcium</b>   | 14 mg |
| <b>Total Fat</b>         | 7 g | <b>Total Carbohydrate</b> | 0 g    | <b>Vitamin A</b> | 15 RAE | <b>Iron</b>      | 1 mg  |
| <b>Saturated Fat</b>     | 2 g | <b>Dietary Fiber</b>      | 0 g    |                  |        |                  |       |

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

## CRISPY BAKED CHICKEN

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 package chicken, cut up, thawed, and skin removed from each piece
- 3 cups rice cereal (crushed to equal about  $\frac{3}{4}$  cup)
- $\frac{1}{3}$  cup cheese, such as cheddar, shredded (can also use low-fat cheese blend slices, cut into small pieces)
- 2 eggs
- $\frac{1}{3}$  cup low-fat milk
- $\frac{1}{3}$  cup flour
- $\frac{1}{2}$  teaspoon dried thyme (if you like)
- 1 teaspoon dried basil (if you like)
- Pepper to taste

### Directions

1. Combine rice cereal and cheese in a shallow pan or plate. Set aside.
2. In a small mixing bowl, beat egg and milk slightly.
3. Add flour. If using thyme and basil, add that too. Mix ingredients until smooth.
4. Dip chicken pieces in batter.
5. Cover entire pieces of chicken with cereal mixture.
6. Place in single layer in shallow baking pan coated with nonstick cooking spray.
7. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds.
8. Do not cover pan or turn chicken while baking.

### Tip

Serve hot with rice or pasta and vegetables.

| Nutrition Information for 1 serving (about 3 ounces) of Crispy Baked Chicken |      |                           |        |                  |         |
|--|------|---------------------------|--------|------------------|---------|
| <b>Calories</b>  | 360  | <b>Cholesterol</b>        | 210 mg | <b>Sugar</b>     | 3 g     |
| <b>Calories from Fat</b>   | 120  | <b>Sodium</b>             | 320 mg | <b>Protein</b>   | 32 g    |
| <b>Total Fat</b>   | 13 g | <b>Total Carbohydrate</b> | 27 g   | <b>Vitamin A</b> | 235 RAE |
| <b>Saturated Fat</b>   | 5 g  | <b>Dietary Fiber</b>      | 1 g    | <b>Vitamin C</b> | 13 mg   |
|  |      |                           |        | <b>Calcium</b>   | 130 mg  |
|  |      |                           |        | <b>Iron</b>      | 9 mg    |

Recipe adapted from Alaska WIC Family Meals Cookbook, [familynutrition.alaska.gov](http://familynutrition.alaska.gov).